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WAR TIME COOKERY

A Collection of Recipes that will not only

**Reduce the High Cost
of Living**

But are Especially Adapted to

**WHEATLESS and
MEATLESS DAYS**

COMPILED AND PUBLISHED BY

THE CLUB MESSENGER

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....Foreword....

As the necessity of the hour is for wheat, and every patriotic citizen of the United States is anxious to do his or her share to save even the two bushels, which will save the life of a soldier in France, the all-important question is the easiest and best way to do it.

It is to be done in the kitchens of America. It is true that a certain percentage of the population buy their bread, and will be taken care of by federal decree, but the vast majority of Americans bake their own bread, and thousands who have heretofore bought their bread are now baking, for the first time in years.

This is partly because the increased price of the factory loaf has made it worth their while, but the greatest reason, and the best one, is because they truly desire to help their beloved country by following the requests to save the wheat, that our soldiers may have enough strength to "go over the top."

The women of America have not the slightest idea of allowing the world to say that because of their indifference, their negligence, their selfishness, this war may be lost.

Even if it takes more time, more energy, more thought, the American women, "God bless them, every one," will right about face to the kitchen, there to fight the Hun,

To Her is dedicated this slender sheaf of recipes, to aid in the battle. They are carefully gathered, from many friends and different sources, to whom thanks are hereby given. May they be an inspiration and a help in this hour of stress and need.

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"THE CLUB MESSENGER" HOMINY BREAD**With White Flour and Potatoes**

Take two large potatoes and three cups of cooked hominy, boil until the potatoes are tender, and sift through a colander or potato ricer. Add enough water to make four cups of this liquid, one tablespoon of fat, and a scant tablespoonful of salt. Sugar, if you like it in bread, and one yeast cake, and enough white flour to make a sponge. This rises very rapidly, and when light enough, knead into a large loaf. When it has doubled in size, divide into four loaves, let rise again, and bake in moderate oven. It will keep moist for a week, and toasts beautifully. This quantity takes four pounds of white flour.

The Club Messenger White Corn Meal War Bread

Peel and wash two large potatoes; boil same in two cups of water, and when thoroughly cooked press through sieve; add enough water to potato water to make three cups of liquid, and add potatoes; pour one cup of cold water over two cups white corn meal; mix to a smooth paste and add same to the now boiling potato mixture; add one tablespoon lard, two teaspoons salt, and one tablespoonful sugar; and boil slowly for 10 minutes; dissolve one yeast cake in two tablespoonfuls luke warm water. When potato and meal mixture has partially cooled add yeast paste; stir in and let rise. When light make into large loaf with white flour; let rise again and divide into four equal parts either in one large dripping pan or four small baking pans. Let rise again, and when doubled in size, bake one hour in moderate oven.

Rye Bread

Into four cups of luke warm water dissolve one yeast cake, one tablespoonful salt, two of sugar, and two of fat. Stir in two cups of white flour, and one cup of mashed potatoes. When this sponge is light, add rye flour to make a firm loaf, not too stiff. Place in warm place to rise, and when it has doubled in bulk, make into four loaves, let rise again, and bake in moderate oven.

Oatmeal Bread

Upon two cups of dry rolled oats pour four cups of boiling water. Stir thoroughly, and let it stand until cooled. Add one tablespoonful of salt, two tablespoonfuls of sugar, and one of fat. Dissolve one cake of Yeast Foam in half cup of water, add to the mixture, with enough white flour to make a sponge. Let this stand over night, and in the morning add enough white flour to make a firm elastic loaf. When this doubles in bulk make into four loaves, and when these are light, bake one hour in moderate oven.

Barley Bread

1 cake yeast, 2 quarts potato water, 2 cups wheat flour, $\frac{1}{4}$ cup lard, 2 teaspoons salt, 2 cups barley.

Use wheat flour for sponge. Add the sugar, lard and salt to the sponge at night.

Biscuit

1 cup Red Dog flour, 1 cup white flour, 4 teaspoons baking powder, 2 tablespoons shortening, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ cup (about) milk or water. By the addition of spice and sugar, this makes a good foundation for Fruit Roll or quick Coffee Cake.

Mrs. Bley's Johnny Cake

To one cup white corn meal add one-half teaspoon salt and about two cups boiling water, and cook about 5 minutes. Drop this mixture from a spoon into frying pan containing one or two tablespoons of hot fat, and brown both sides. Serve while hot and crisp.

Mrs. James A. Walkup's New England Bread

Three cups of corn meal, one cup of flour, three cups of sour milk, one cup of molasses, one level teaspoon of soda, one-half teaspoon of salt. Steam three hours if baked in two-quart tins; steam about one hour if baked in quart tin pans. Then bake 20 minutes.

HOMINY

A Word About Hominy.—Get the dry hominy and cook it long and slowly. Two cups of dry hominy will make about two quarts when cooked. It is delicious with milk for a breakfast food, and one friend tells me that she fries it with bacon fat and a few green peppers for a luncheon dish. At the prize contest which the Council of National Defense held for the best pudding, the palm was awarded to the lady who gave a recipe for a pudding of dried apricots and hominy.

Do not buy the canned hominy. It retails for 12c per quart, and the dried article for 8c per lb. A pound of dry hominy will make a half gallon of the cooked product. It takes a little time, and not all stores handle the dried goods. But it can be had, and in your own neighborhood, if you look for it.

Ways to Use Hominy

Thoroughly heated and seasoned serve with milk and sugar as cereal.

Fry three slices of bacon, crisp; remove from pan and add two cups of canned hominy. Season and let brown. Dice the crisped bacon and mix with the hominy before serving. Serve hot as the main breakfast dish.

Prepare the same to serve in the place of potatoes, only cook more bacon or ham and serve by placing the fried hominy in the center of the dish, arranging the meat around the mound thus made.

A delicious way is to put the hominy through the food chopper. Mix it with one-fourth as much flour, season well and make into patties. Fry or saute in hot pure leaf lard. You have then a splendid dish to serve in place of potatoes at any meal or as a pancake dish for breakfast with jelly or syrup, or as the main dish for luncheon.

The ground hominy is splendid in soup.

Heated in a well seasoned white sauce, hominy makes a highly nutritious vegetable dish. This may be nicely varied by substituting tomato puree.

Use hominy en casserole with cheese and green

HOMINY

peppers. Line the casserole with a thin layer of hominy. Sprinkle over it grated cheese and add a few shreds of green pepper. Repeat until dish is filled. Cover the top with crumbs. Add a cupful of milk and let bake until almost dry.

A tasty casserole dish is also made by using left-over pieces of ham or bacon and tomato puree.

Hominy With Cheese

Macaroni is made of the finest grade wheat, and is therefore to be tabled for the present. Use hominy with cheese, just as you would macaroni, and you will be delighted with the result.

Hominy and Hamburger

Place one pound hamburger steak in a frying pan and stir while cooking, and just at the point when the juice comes out of the meat, add three cups of cooked hominy. Brown thoroughly; add salt and pepper to taste. Two green peppers cooked with this is an added zest.

Hominy Desserts

Hominy makes a fine dessert, with dates, figs, prunes or raisins. Cook with plenty of water, and a very small amount of milk will be necessary, or it can be used without mlk. A tablespoonful of peanut butter improves the flavor, and adds to the food value. Put a layer of hominy in your baking dish, then a layer of dates, and another of hominy. Put one teaspoonful of peanut butter in a bowl, add a teaspoonful of water, and stir until the water is absorbed. Then add more water, stirring gently, until the butter is of the consistency of cream. Add one-half cup sugar, and pour over the hominy pudding and bake one-half hour. Can be served hot or cold.

Rice Waffles

One cup cooked rice, two tablespoonsful of fat, one well-beaten egg. Add one cup flour, into which has been sifted two teaspoonsful of baking powder and one of salt. Beat thoroughly, and bake at once in well greased waffle-irons.

Corn Bread

Two cupfuls Indian, one cupful wheat,
One cupful sour milk, one cupful sweet,
One good egg that you will beat,
Half a cupful molasses too,
Half a cupful sugar thereto;
With one spoonful of butter new,
Salt and soda, each a spoon,
Mix up quickly and bake it soon.
Then you'll have Corn bread complete,
Best of all Corn bread you'll meet,
It will make your boy's eyes shine,
If he's like that boy of mine.
If you have a dozen boys
To increase your household joys,
Double then this rule you should,
And you'll have two Corn cakes good.
When you've nothing nice for tea,
This the very best will be,
All the men that I have seen
Say it is of all cakes queen
Good enough for any king
That a husband home can bring,
Warming up the human stove,
Cheering up the hearts you love,
And only "Tyndell" can explain,
The links between corn bread and brain.
Get a husband what he likes,
And save a hundred household strikes.

Spider Corn Bread

$\frac{3}{4}$ cup of corn meal, $\frac{1}{4}$ cup of flour, 1 cupful sweet milk, $\frac{1}{2}$ cupful sour milk, 1 egg, 1 tablespoonful sugar, 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful salt. Mix meal, flour salt and soda; beat egg and half the sweet milk and all the sour milk; stir this into the dry mixture; melt the butter in a hot spider; pour in the mixture; over this pour the remaining $\frac{1}{2}$ cup sweet milk; **do not stir**. This leaves a soft creamy top. Bake 20 minutes in moderate oven.

—MRS. S. W. CURTISS

Mrs. William M. Towne's Missouri Corn Bread

1 level cup corn meal, 1 level cup flour, 4 table-spoonful sugar, $\frac{1}{2}$ teaspoonful salt, 1 heaping tea-spoonful baking powder, 2 eggs, $1\frac{1}{4}$ cups sweet milk, 1 heaping tablespoonful shortening. First light your oven, and put the shortening in your baking pan to melt. Then beat the eggs well, add the milk, and the dry ingredients sifted together, and last of all, the hot shortening, lightly beaten in. Pour into the hot baking pan, and bake 30 minutes in a moderate oven. A delicious corn bread, if carefully made.

Johnny Cake

1 cup white flour, 1 cup Indian meal, $\frac{1}{2}$ cup sugar, 2 tablespoonful salt, 1 cup sour milk, 2 table-spoonful butter. Sift together dry ingredients, and mix quickly and lightly. Bake in moderate oven for 20 minutes.

Mrs. George Washington Corn Bread

1 pint corn meal, 1 gill flour, 1 cupful boiled rice, 1 egg, 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful salt. Add $1\frac{1}{2}$ pints of milk till all is a thin batter. Bake in a well greased pan and eat hot.

—MRS. S. W. CURTISS

Corn Dodgers

The corn dodger is a quick bread and an inexpensive bread. It requires only twenty minutes for the making and baking.

Here is a corn dodger recipe which has been used for a long time:

Two cups of meal (white)

One teaspoonful salt

One tablespoonful of lard

One egg

One tablespoonful of milk.

Mix the meal and salt together (dry), drop in the lard and pour over the mixture enough boiling water to wet the meal thoroughly. Beat the egg light, add the milk and stir into the batter. Beat together well. Drop on greased pans from a tablespoon and bake in a very hot oven for fifteen minutes.

Indian Pudding

We have plenty of corn and potatoes, so it is clearly our business to make use of them whenever possible. Our grandmothers knew how to make delicious things of corn meal. There was what they called "Indian Pudding," which makes our mouth water when we think of it. The pudding was made with corn meal and milk, cooked until as smooth as velvet. It was seasoned with cinnamon, a tablespoonful of butter, and a pinch of salt. When cooled, two eggs were added, and seeded raisins, and the delicious compound was baked until firm, when it was served with real maple syrup.

Corn Meal Muffins.—One egg, one cup sour milk, one level teaspoonful of baking soda and one of salt, one tablespoonful melted lard, one-half cup white flour, and yellow corn meal to make a stiff batter. Have your muffin tins well greased and very hot. This is what makes that nice brown crust father likes so well.

Regarding the Use of Sour Milk.—There is one thing you need in cooking that is never listed, and cannot be bought. That is Judgment, or as Aunt Abbie always said: "The common sense that is so uncommon." There is a natural affinity between corn meal and sour milk, but many cooks are afraid to use it, for fear the soda will be too much in evidence. Here is where you must use judgment. If the milk is merely turned, or clabbered, a half teaspoonful of soda is enough. If it is sour enough to separate, and this is a much better condition, use a level teaspoonful of soda. Sour milk is a valuable aid in cookery, it makes much better cookies than sweet milk and baking powder, and should always be used in making fruit cake. Both will keep moist much longer than when baking powder has been used.

USE MORE FISH

Besides our fresh fish which we may buy directly from the dealer we have a great variety of canned fish which makes it possible for us to be always supplied in case we are living too far from market to obtain fresh meat and meat. Besides using these for emergencies, we find ourselves using canned tuna fish for salads, creamed dishes and croquettes almost every time we entertain; and salmon used in loaves and chafing dish has a prominent place in our menus.

Sardines are good at all times in salads and sandwiches and may be purchased either prepared in oil or tomato sauce. They may be fried, made into a delicious salad with cucumber, or served as an entree in toasted cups of bread.

Tuna fish, which belongs to the same family as salmon, is a large fish which averages about 55 lbs. in weight. Ten pounds of this fish is white meat resembling chicken, without bones, therefore it is called the "chicken of the sea." This fish is often served in creamed dishes, salads and croquettes. It is much like chicken when the fish oil is replaced by olive oil as is the case in the best brands of canned tuna. On opening the can no fish odor is noticeable.

Shrimps are far more valuable as food than oysters, crabs or lobsters, and are solid meat. After the shell is removed they make delicious salads, cutlets, sauces and chowder.—Jean Prescott Adams.

Salmon Loaf

One tall can salmon—the pink is just as good for this—one cup milk, two cups cooked rice, one teaspoonful salt, and one-half teaspoonful pepper. Mix thoroughly, and bake thirty minutes. Serve in the baking dish, with a green pepper shredded over the top.

An Entree of Cottage Cheese Rolls

Two cups of cottage cheese, 1 cup bread crumbs, one-half cup left-over peas or beans.

Mix cottage cheese and crumbs and combine with the peas or beans, which must be first mashed or put through a colander. The liquid from the vegetable may be used to moisten this mixture sufficient to make into individual rolls. Place on a greased tin and bake fifteen minutes in a hot oven. Baste with a tablespoonful of beef extract dissolved in a cup of boiling water in which a teaspoonful of onion juice and a teaspoonful finely chopped parsley has been added.

Rice and Cheese Croquettes

* Two cups cooked rice, one-half cup of grated cheese, one cup of white sauce. Mix well, and shape. Dip in egg, and roll in bread crumbs, fry in deep fat.

White Sauce—One cup milk, one tablespoonful flour, one teaspoonful salt, one-quarter teaspoonful white pepper. Bring the milk to a boil, and add the other ingredients, stirring until it thickens.

Philadelphia Scrapple

Two pounds of neck bones, or spare ribs, and one pound of liver. Boil gently until the meat will slip from the bones. Chop fine, add one teaspoonful of salt, one teaspoonful of pepper. Strain the liquor to remove any particles of bone, add enough water to make two quarts, return the chopped meat, and bring to a boil. Thicken with yellow corn meal, and pour into mold to cool. After it is cold, slice thin, and fry.

This frying is against the rules of the food administration. But try to get "ends" of salt pork and bacon at your market. These are the end slices which are unsaleable, and they are excellent for seasoning, and furnish "drippings."

Mock Mince Meat

1 pint green tomatoes, 3 large apples, 1 teaspoonful cinnamon, nutmeg or clove, 2 cups sugar, $\frac{1}{2}$ cup vinegar, 2 tablespoonfuls flour. Wash, pick out faulty spots and grind tomatoes and apples in food chopper, saving the apple juice which will run from the chopper. Mix tomatoes, apples, juice, vinegar, spices and sugar, and cook about thirty minutes, after which add the flour mixed with a little water, and cook ten minutes longer. Let cool before using. This makes three medium sized pies. I make it by the gallon in the fall, for it does not require sealing, and the older it gets the better it is. It is most delicious served with whipped cream.

Eggless Mayonaisse Dressing

One pint of milk, one tablespoon corn starch, one level teaspoon mustard, one-half teaspoon salt, one-fourth teaspoon paprika, one teaspoonful butterine, and one capsule of butterine coloring matter. Bring the milk to the boiling point, dissolve the mustard, corn starch, salt and paprika in cold water, add to the boiling milk, then the butterine with coloring matter. Beat thoroughly.

War Biscuits

The California Club women contributed the following recipe for a delicious war wafer to be served at teas and in combination with soft drinks:

5 oz. oatmeal (not rolled oats) 5 oz. white corn meal, 3 oz. butter, 3 oz. sugar, 1 egg, 1 tablespoonful baking powder, a little milk if necessary.

Thoroughly mix together the dry ingredients, then stir in the butter, which must be melted, and one egg well beaten. Work well with the hand until a stiff dough is formed. Roll out as thin as possible, cut into any desired shape and bake in rather a slow oven until a light brown. A little rice flour will be required to prevent sticking in rolling out. This recipe will make about thirty-five biscuits.

MEAT SUBSTITUTES

Peanut Loaf

1 cup ground peanuts or peanut butter, 1 cup fine bread crumbs, 1 teaspoon salt, 1 teaspoon chopped onion, 1 egg, $\frac{1}{4}$ cup evaporated milk, $\frac{3}{4}$ cup water. Method: Mix, form into loaf, put it in tin and bake. Baste with peanut butter dissolved in hot water. Serve with cream sauce.

Mock Rarebit

1 tablespoon oleomargarine, 2 tablespoons flour, milk to make a medium white sauce, 1 cup grated cheese, salt to taste. Method: Melt the cheese in the white sauce. Serve on triangles of hot toast.

Rice Fritters

2 cups cooked rice, 2 eggs, 1 teaspoon chopped onion, salt and pepper to taste, 1 tablespoon cracker crumbs, 1 teaspoon sweet pepper. Method: Mix ingredients and form into flat cakes and pan fry in bacon drippings. Serve with gravy made by dissolving one-half teaspoon of extract of beef in hot water and thicken as meat gravy.

Turkish Pilaff

Wash one cup of rice and cook in double boiler with one and one-half cups stock and three-fourths of a cup of tomatoes. When rice is tender, stir in three tablespoons of oleomargarine using a fork to prevent breaking grains of rice. Season to taste.

Tomato Souffle

Make a cream sauce with two tablespoons each of flour and oleomargarine and one cup diluted evaporated milk. Stir constantly till boiling, add a tiny pinch of soda, then one cup tomato puree. Cook two minutes. Add one cup of well cooked hominy, two tablespoons of melted oleomargarine, beaten yolks of three eggs, and last of all fold in the stiffly beaten whites of the eggs. Pour into a well buttered dish and bake until firm—about thirty minutes.

MEAT SUBSTITUTES

Tomatoes Stuffed With Oysters

As oysters are spoiled by overcooking, the tomatoes should be parboiled before filling with oyster mixture. If oysters are large, cut in halves. Moisten with cream sauce, top with buttered crumbs and bake. Serve with cream sauce in which are chopped oysters and bits of tomato pulp.

Halibut a la Creole

For four pounds of fish make the following sauce: One pint of stewed tomatoes, one cup water, a small onion sliced, six cloves, two tablespoons of butter, one tablespoon of flour and salt and pepper. Put the tomatoes, water, onion and seasonings into a saucepan, rub oleomargarine and flour to a paste, and stir into when boiling. Cook five minutes and strain. Wash fish, place in baking dish and pour over three-fourths of the sauce, reserving the rest to pour over when serving. Bake 45 minutes.

A Meat Flavor Dish

1 lb. canned lima beans, $\frac{1}{2}$ lb. smoked bacon, 1 teaspoon salt, 1 teaspoon grated onion, $\frac{1}{2}$ teaspoon of thyme, 1 egg, $\frac{1}{8}$ teaspoon of paprika. Heat and cook the beans with bacon; drain and put through a food chopper when cold. Add the seasoning and the egg well beaten. Save a little of the egg to brush the tops.

Brush custard cups with bacon drippings, and fill with the mixture. Brush the tops with the egg, and bake for thirty minutes in a moderate oven. Turn out. Serve with tomato sauce.

Baked Bean Loaf

One pint cold baked beans, one egg beaten, one cupful bread crumbs, salt and pepper, one tablespoonful finely minced onion and two tablespoonfuls tomato catsup. Combine the ingredients, and shape the mixture into a loaf. Bake it for twenty-five minutes. Serve with strips of broiled bacon on the top.

MEAT SUBSTITUTES

Bean Loaf

3 cups canned beans, $\frac{1}{2}$ pound grated cheese, bread crumbs, onion to flavor if liked.

Method: Put beans through meat grinder, add cheese and salt and enough dry bread crumbs to form into a loaf; bake in moderate oven, basting with water and savory fat or drippings. Serve with tomato sauce in brown sauce made with extract of beef.

Almond Loaf

Two cupfuls of chopped or ground almonds, two cupfuls or dry bread crumbs, three tablespoonfuls of oleomargarine, one large onion, one small green pepper, three eggs, salt and pepper to taste, and white sauce to moisten. Put the onion and pepper through a meat chopper, place the oleomargarine over fire, and when brown, add the onion and pepper. Stir until the whole is brown, then remove from the fire and combine with the nuts and bread crumbs, mix well, then add the eggs, well beaten and enough white sauce to moisten. Shape into loaf, place in buttered baking pan and bake about thirty minutes. Serve with tomato sauce or with a brown mushroom sauce.

Codfish Balls

1 cup cooked codfish, 2 cups mashed potatoes, 1 tablespoon fat, $\frac{1}{2}$ teaspoon pepper. Remove all bones from the codfish, pick in small pieces, add the potatoes and shape into flattened balls, roll in bread crumbs, and fry a deep brown on both sides. Serve hot and crisp.

Creamed Codfish

1 cup salt codfish, 2 cups milk, 2 tablespoonsful barley flour, 1 tablespoon fat. Bring the milk to a boil, add the flour dissolved in cold water and stir until smooth, add codfish, fat and pepper, and serve with baked potatoes.

SOUPS

The time-honored soup kettle of our childhood is again in good repute. The delicious soups of modern times have been such a convenience that now, when we are trying to make one dollar do the work of two, we are more or less at a loss.

A supply of good soup stock is more a matter of good management than money. There are always little left-overs—a little gravy, a half-cup of peas, or turnips, or tomatoes; a tablespoonful of breakfast cereal, that otherwise would be thrown away, that should find their way into the soup kettle.

And there is nothing equal to a cup of hot soup to put one in good humor on a cold night. With a few bits of toasted "Club Messenger White War Bread," it will make the winter winds sound like a hymn of praise.

War Soup

One ten-cent soup bone, five-cent soup greens, five-cent split peas or beans, salt to taste. Boil for two or three hours.

Split Pea Soup

1 pound yellow split peas, 4 slices of onion, 1 stick of celery (not a stalk, but a stick, or you can use celery leaves chopped, or you can omit), 3 quarts of water, 2 slices bacon or salt pork (I buy bacon and salt pork ends—ten cents' worth—this is enough for two or three soups).

Potato Soup

Pare and slice 4 large potatoes, cook in 2 quarts of water, and salted a little, until well done. Fry together 1 slice bacon cut in small pieces, $\frac{1}{2}$ onion cut fine, and 1 tablespoon of flour. Put this in soup for flavor.

—MARIE C. SADLER

War Fruit Cake

Boil together for five minutes 2 cups of brown sugar, 2 cups of raisins, 2 cups of boiling water, $\frac{1}{2}$ teaspoon of salt, 2 heaping tablespoons of lard, 1 teaspoon cinnamon, 1 teaspoon cloves. Nuts if desired— $\frac{1}{4}$ cup of chopped nuts. When this is cool, add 1 teaspoon of baking soda dissolved in hot water, 3 cups of flour (sifted), 1 teaspoon of baking powder. Bake in a slow oven for one hour.

This cake keeps like fruit cake, and is better when two or three days old.

With no eggs, milk or butter—Mrs. David Kohn.

Oatmeal Cookies

Boil together 1 cup strong coffee, $1\frac{1}{2}$ cups brown sugar, 1 cup fat, 1 tablespoonful salt, 2 tablespoonsful cinnamon, 1 tablespoonful ginger, 1 cup raisins, 1 cupful tart apple sauce, $\frac{1}{2}$ cup orange peel. When thoroughly dissolved, remove from fire, and stir in 2 cups rolled oats, and let cool. Then add the following: 1 egg, well beaten; fill up the cup with sour milk in which is dissolved 1 teaspoonful soda; add 1 cup white flour, in which is sifted 1 teaspoonful baking powder.

The cookies should be stiff. Bake in moderate oven. These improve with age. Nuts may be added if desired.

Spice Cake

$\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup milk, 1 cup brown sugar, $1\frac{1}{2}$ cups Red Dog flour, 1 cup raisins, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{4}$ teaspoon nutmeg, 2 eggs well beaten. Bake in muffin tins. Raisins may be omitted, and sour milk and soda substituted for sweet milk and baking powder.

Steamed Corn Bread

One quart yellow corn meal, one teaspoon salt, thoroughly dampened with boiling water, added a wee bit at a time; one tablespoonful butterine, well mixed; one cup sour milk, in which is dissolved one teaspoonful baking soda. When ready to steam it should be a very thick batter. Steam two hours, and slice thin. This is equally good baked.

Ginger Drops

Cream together $\frac{1}{4}$ cup shortening or home rendered fat, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup molasses, $\frac{3}{4}$ cup Red Dog flour, $\frac{3}{4}$ cup white flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon, 1 teaspoon ginger, sifted together. Add part of this to first mixture, then a well beaten egg or 2 yolks, and balance of flour alternately with two thirds cup boiling water in which a scant teaspoon soda has been dissolved. Beat well, pour into well greased muffin pans, bake in rather slow oven 25 minutes.

Barley Biscuits

3 cups sifted barley flour, 1 teaspoon salt, 3 tablespoons lard or other fat, 1 cup milk, 3 teaspoons baking powder. Prepare as for baking powder biscuits.

Spice Cake

$\frac{1}{2}$ cup oleomargarine, 1 cup sugar, 1 cup sour milk, 1 teaspoon cloves, 1 teaspoon cinnamon, $\frac{1}{4}$ cup citron, 1 egg, 1 teaspoon allspice, 1 teaspoon nutmeg, $2\frac{1}{2}$ cups barley flour, $\frac{1}{2}$ teaspoon soda, 3 teaspoons baking powder, 1 cup raisins, 2 tablespoons molasses.

Barley Steamed Pudding

1 cup molasses, 1 cup sour milk, 1 egg, 1 cup chopped raisins, 1 teaspoon soda, $\frac{3}{4}$ cup corn meal, 1 cup barley flour.

Barley Doughnuts

1 cup milk, 1 cup sugar, 2 eggs, $5\frac{3}{4}$ cups barley flour, 2 teaspoons baking powder, 4 tablespoons lard (melted), $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoonful each of cinnamon and cloves.

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